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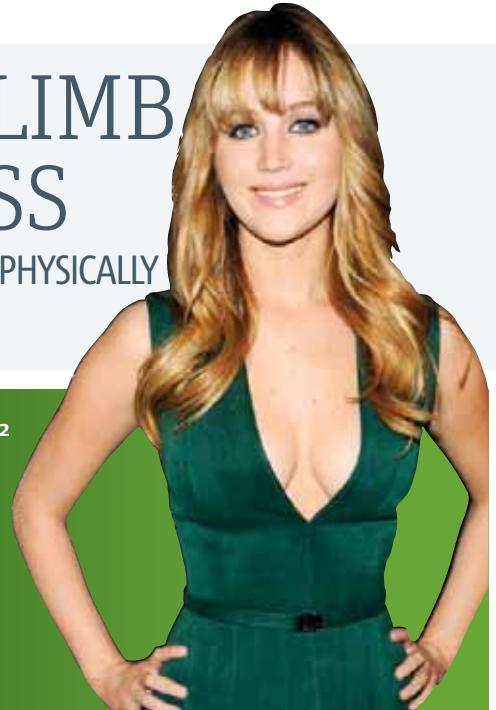
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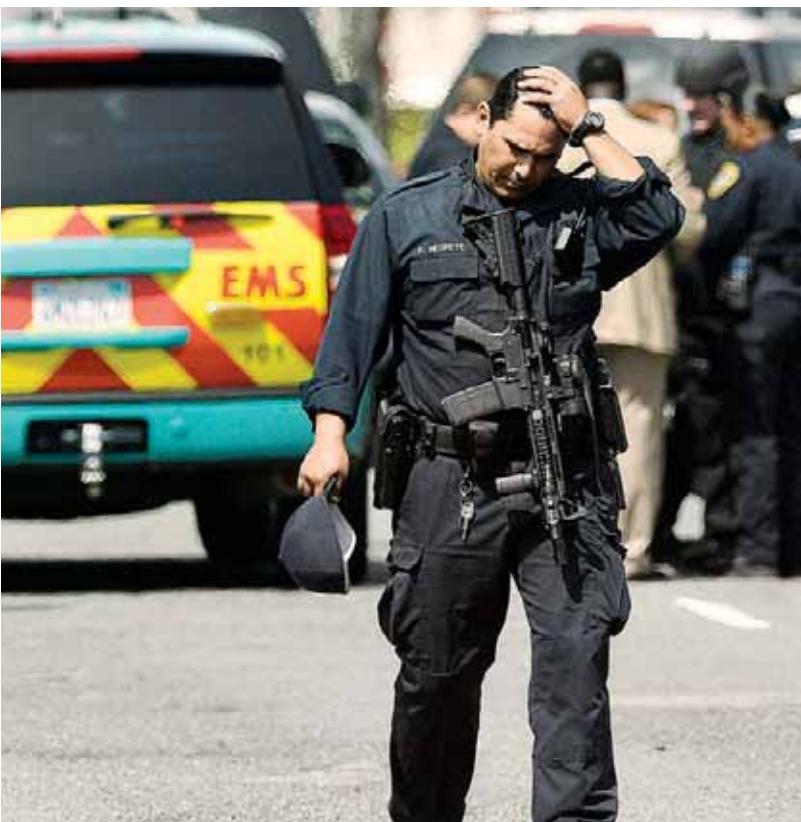
PAGE 13



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Tuesday, April 3, 2012



GUNMAN OPENS FIRE

COVERAGE, PAGE 8

An Oakland police officer walks outside of Oikos University in Oakland, Calif., Monday. A suspect was detained Monday in a shooting attack at a California Christian university that sources said has left at least seven people dead.

NOAH BERGER/THE ASSOCIATED PRESS

Slaughtered animals double at GuZoo

Dispute. Date up in the air for hearing on fate of controversial Alberta roadside attraction

 **JEREMY NOLIAS**
For Metro in Calgary

Gates have reopened for the season at a controversial Alberta roadside zoo, but the owner said restrictions have forced him to kill dozens of his beloved animals and feed them to the others.

GuZoo owner Lynn Gustafson said he's sacrificed

everything from baby calves to goats and whitetail deer in an effort to provide nourishment for roughly 500 animals in captivity — including a lion, tigers and monkeys.

Previously, the zoo near Three Hills relied on purchasing animal carcasses and feed from nearby farms.

However, restrictions put on the private business by the province last June in the face of public outcry prohibit Gustafson from purchasing or selling animals without consent — a process he describes as tedious.

"We have done at least

double," he said of the killings Monday. "They have basically left me with no choice."

A judicial review scheduled for January to determine the zoo's fate was cancelled, and government officials could not provide a rationale for the court hold-up on Monday.

"There are grounds to close the zoo, the province is dragging its feet," said Julie Woodyer with Zochbeck Canada.



For more local news
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edmonton

Dude, where's my iPhone?

Two and a Half Men star Ashton Kutcher is slated to star as the late tech guru Steve Jobs in an upcoming biopic PAGE 12

Leaders come out blazing

It was a day of promises for the party leaders at the start of the second week on the hustings

PAGE 3

Tiny restaurant, intriguing taste

Niche Restaurant and Cocktail Bar
LUNCH RUSH



PAGE 14

TAX TIPS

NO
57

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Free expression

AMA defends health-care ad campaign

The Alberta Medical Association is at odds with Alberta's chief electoral officer over ads that call on people to speak up about health care.

The physician's group placed the ads in daily newspapers last month and plans to run more in the coming weeks.

One ad said: "Health care needs your voice" and the other asks: "Just how sick is Alberta's health-care system?"

Brian Fjeldheim Alberta's chief electoral officer, has asked the AMA to stop running the ads, saying they could amount to third-party political advertising.

The AMA responded to Fjeldheim in a letter saying the ads, which don't mention the April 23 provincial election, are a legitimate expression of free speech.

THE CANADIAN PRESS

Highway 2

Two arrested for alleged road racing: Police

Leduc RCMP arrested two people Friday for dangerous driving on Highway 2 after observing two vehicles weaving in and out of traffic just before 10 p.m. that appeared to be involved in a race.

RCMP said one was clocked at 225 km/h and the other at 235 km/h.

Fadi Tohme, 32, of Beaumont, and Dylan Austin, 20, of Leduc, will appear in court April 26.

Last Thursday, Leduc RCMP arrested and charged Morinville's Jeremy Hartson, 34, after he was caught driving at 215 km/h at about 7:30 a.m. METRO

In limbo. Education minister delays on class portables approval that would halt student transfer

While it looked like a suburban junior high's students would get to stay thanks to an eleventh-hour call by Alberta's education minister Monday morning, he wasn't fully committing to save the school's K-9 status by day's end.

Just as Edmonton Catholic School District trustees were about to move to send 240 students from Sister Annata Brockman School 10 kilometres away, Thomas Lukaszuk phoned in.

"The two things that the

minister told me this morning that he would like to see met, we are very confident we can meet those two requirements," ECS board chair Debbie Engel told reporters.

The school was built under the public-private partnership (P-3) model and has portables already, but the building erected for 500 students is now at 700.

The ECSB voted last month to move its junior high students to H. E. Beriault.

Despite telling Engel the school could get six portables

Reaction

"I'm ecstatic. We've been teaching our children not to give up, and it works."

Parent Tammy Berge, on the fight to add new portables to keep the school open

if ECS proved it could handle the growth and was the district's top priority, Lukaszuk later told reporters he would have to look at the P-3 contract first.

Parent Tammy Berge said

winning the fight to add portables would reinforce what she tells her kids.

"I'm ecstatic. We've been teaching our children not to give up, and it works," said Berge.

Engel and ECS superintendent Joan Carr will meet with Lukaszuk Thursday.

SHELLEY WILLIAMSON/METRO

 For more local news visit metronews.ca/edmonton

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NEWS

On the web

Sensational progress

The recipient of the U.S.'s first full-face transplant says he can feel his daughter's kisses now, a year after the procedure. Dallas Wiens was blinded and severely burned after touching a high-voltage power line in 2008. Watch at metronews.ca

Senseless violence

A gunman left horrific scenes in the wake of his rampage on Monday at a Christian university in California. Watch at metronews.ca for more.

Mobile news



Coming for the Olympics with money to spend? Then there's still time to ensure you can take tea at The Ritz, drink at the Savoy's American bar or sleep in an Art Deco room at Claridge's. Scan code for the story.



Wildrose leader Danielle Smith makes a campaign stop near Cremona, Alta. She is promising oil-revenue dividends for Alberta voters.

JEFF MCINTOSH/THE CANADIAN PRESS

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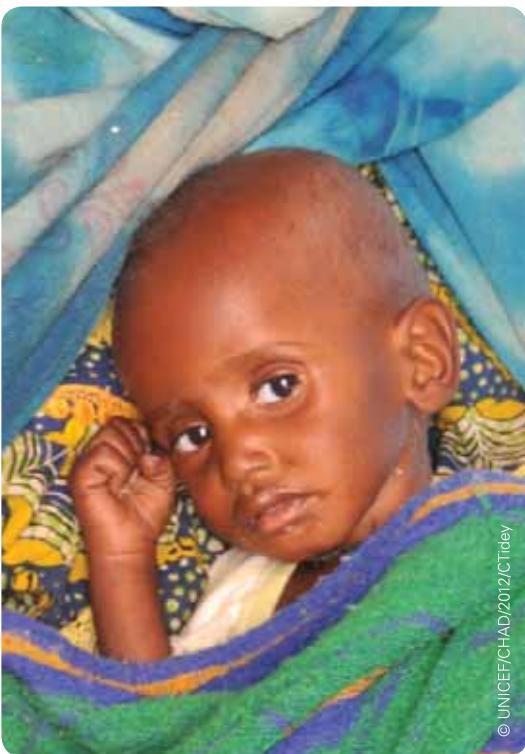
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Promotion. Mandel leading city trip to China

Edmonton Mayor Stephen Mandel leaves for China Tuesday, along with senior administration, economic-development and education officials and city business leaders.

The group will promote Edmonton and Western Canada as an economic powerhouse, the city said in a release.

Along with industrial development, the group will focus



Mayor Stephen Mandel METRO FILE

on environmental, educational and tourism opportunities. They return April 14. METRO

Fatality. Woman dead after being pinned by car

Spruce Grove RCMP are investigating after a woman was pinned by her vehicle inside her garage on Sunday afternoon, killing her.

Const. Barb Roy said a neighbour found the woman, who was the only one home at the time, and offered first aid. Police are considering this to be an accident.

"We're just confirming.

"We'll do a mechanical on the car," said Roy.

The woman, 30, died of her injuries in hospital.

SHELLEY WILLIAMSON/METRO

Online

Visit metronews.ca for more news.



Ad campaign poised to turn page on city's most wanted

EPS. Newspaper and poster initiative makes warrants a matter of public interest



SHELLEY WILLIAMSON

shelley.williamson@metronews.ca

If there's a warrant out for your arrest, don't be surprised to see Edmonton police at your door. Or your face in this newspaper.

It's part of the EPS' second phase of Operation Warrant Execution (OWE), which involves enticing those with warrants to turn themselves in by publicizing their photos.

"This is a wake-up call to tell you that they are going to be dealt with. But predominantly what we're really interested in is dealing with the more serious offenders," said EPS spokesperson Scott Pattison.

Launched Feb. 28, OWE began with EPS citing 16,000 outstanding warrants on its books. Throughout March, people were asked to turn themselves in, a move police credit with 1,400 arrests and 3,000 warrants executed to date.

On the first day of ramped-up efforts Monday, police had already nabbed people

Details

- In its first wave of enforcement in OWE, Edmonton police nabbed 10 of their Top 100 wanted people.
- Two-thirds of the 3,000 warrants executed in March were for criminal offences.
- Anyone who believes they may have an outstanding warrant can contact EPS at 780-423-4567 or visit one of the five district police detachments.

on 21 warrants — 14 of them criminal, said Pattison. Those warrants related to criminal charges from assault, assault with a weapon and resisting arrest, to non-criminal offences like trespassing, he said.

The current OWE ad campaign will run names, ages and photos of different people wanted on warrants in newspapers, online and at LRT stations for two weeks.

Two of five people in Monday's ads had already had warrants resolved, Pattison said.

"Obviously people are getting the message, and from our standpoint that's very positive," he said.



Police hope publicizing the faces of their most wanted at LRT stations and in newspapers will lead to people turning themselves and others in for outstanding warrants. SHELLEY WILLIAMSON/METRO

Park-and-ride. Expansion no sure thing despite success

With 556 reserved park-and-ride stalls spoken for at four LRT stations, there is no word on whether the program will extend to Meadows, Lewis Farms and Eaux Claires transit centres.

"If in fact there is ongoing demand for it, we would look

at it," said Troy Shewchuk with Edmonton's transportation department.

Shewchuk said those customers haven't been surveyed, and there aren't yet statistics on how busy the lots are.

Meanwhile, the paid

park-and-ride pilot program at Clareview, Belvedere, Stadium and Century Park LRT stations effective last January continues to be a success, he said.

Hundreds of Century Park and Clareview stalls sold out quickly, while Belvedere and

Stadium were reduced to 60 spots each six weeks into the program, due to less demand.

As long as there's demand, though, the program will continue, said Shewchuk.

Stalls are \$42 each per month.

HEATHER MCINTYRE/METRO

Technical failure cited in deadly Russian plane crash

31 killed. No basis to suggest improper de-icing of the twin-engine turboprop was the cause of the crash

Russia's civil aviation chief says the plane that crashed Monday into a snowy field in Siberia, killing 31 people, appears to have been improperly de-iced.

However, the official said there was no indication that had caused the crash.

The twin-engine turboprop belonging to Utair crashed shortly after takeoff Monday from the snowy western Siberian city of Tyumen.

There were 43 people aboard. Twelve have been hospitalized in serious condition.

The state news agency RIA-Novosti quoted Rosaviatsiya head Alexander Neradko as saying there was evidence

that the treatment of the plane with de-icing agents was not done at the necessary level.

However, he also said there was no basis yet "to connect this with the cause of the crash."

The ATR-72 took off at 7:40 a.m. from Tyumen, a regional centre in Siberia about 1,700 kilometres east of Moscow, heading for the oil town of Surgut, about 650 kilometres away.

The plane came down in a field about three kilometres away from the Tyumen airport, breaking into three sections upon impact.

Part of the plane was destroyed by a fire that burned at least six people to death, said police.

Investigators said evidence so far points to a technical failure of the French/Italian-made aircraft. They noted that witnesses reported seeing smoke coming from its engines as the plane came down. **THE ASSOCIATED PRESS**



Russian police guard the site of the ATR-72 plane crash outside Tyumen, a major regional centre in Siberia. RUSSIAN GOVERNMENT PHOTO/THE ASSOCIATED PRESS

Nurse convicted in bleach killings gets life in prison

A former Texas nurse convicted of killing five dialysis patients by injecting them with bleach should spend the rest of her life in prison with no chance of parole, jurors who earlier convicted the woman of capital murder said Monday.

Kimberly Saenz was con-

victed Friday of killing the patients at a clinic run by Denver-based health care giant DaVita Inc.

She also received three 20-year terms for aggravated assault in the cases of five other patients who were deliberately injured at the facility in East Texas.

Jurors spent about 45 minutes deliberating before returning with a decision on the punishment. They also could have recommended that Saenz receive the death penalty.

"I was hoping for the death penalty but I'm all right," said Wanda Hollingsworth, whose mother was among

Saenz's victims.

Given a chance to address Saenz after the jury left the courtroom, Hollingsworth said she was "nothing more than a psychopathic serial killer."

"You have disgraced your family and the medical field," said Hollingsworth, a nurse

herself. "I honestly say I hope you rot in hell."

Marisa Fernandez, whose grandmother also was among the patients who died, said she was satisfied with the sentence.

"It is my duty as a Christian to forgive you," she told Saenz.

"And I will. I just hope

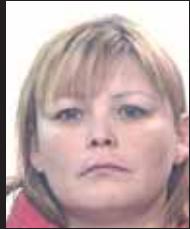
for your sake you can reach out and ask forgiveness for yourself."

Saenz was fired in April 2008 after a rash of illnesses and deaths at the clinic in Lufkin, about 125 miles (200 kilometres) northeast of Houston.

THE ASSOCIATED PRESS



DO YOU KNOW THESE PEOPLE?



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Age: 33



**JOHN
TRINH**
Age: 39



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OCLOO**
Age: 32



**DEAN
URSEL**
Age: 40



**SCOTT
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Age: 43

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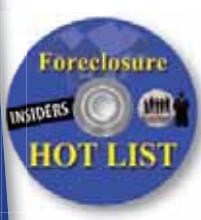
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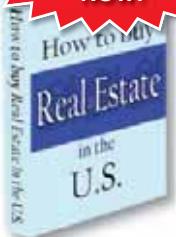
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Deadly shooting brings scenes of horror to school

Oakland, Calif.

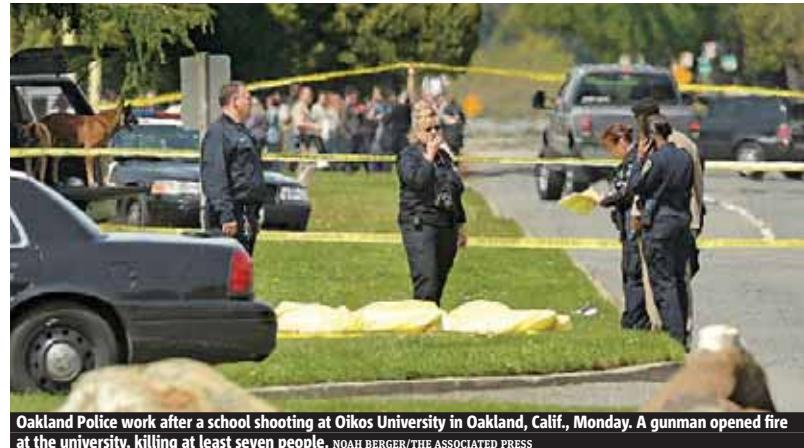
Gunman identified as 43-year-old former university student

A gunman opened fire Monday at a small Christian university in California, killing at least seven people, wounding three more and setting off an intense, chaotic manhunt that ended with his capture at a nearby shopping centre, authorities said.

Police Chief Howard Jordan said Monday that One L. Goh is in custody after surrendering at a shopping centre about an hour after the shooting at Oikos University on Monday morning.

Authorities say he was a former student at the Christian school.

The gunfire erupted around midmorning at Oikos University. Heavily armed officers swarmed the school in a large industrial park near the Oakland airport and, for at least an hour, believed the gunman could still be inside.



Oakland Police work after a school shooting at Oikos University in Oakland, Calif., Monday. A gunman opened fire at the university, killing at least seven people. NOAH BERGER/THE ASSOCIATED PRESS

Art Richards said he was driving by the university on his way to pick up a friend when he spotted a woman hiding in the bushes and pulled over. When he approached her, she said, "I'm shot," and showed him her arm.

"She had a piece of her arm hanging out," Richards said.

As police arrived, Richards

said he heard 10 gunshots coming from inside the building. The female victim told him that she saw the gunman shoot one person point-blank in the chest and one in the head.

Television footage showed heavily armed officers swarming the building and also showed bloodied victims on stretchers being loaded into

ambulances. Several bodies covered in sheets were laid out on a patch of grass at the school.

For at least an hour after the shooting began, police thought the shooter could still be on campus. Police believe the shooter acted alone, though they have not discussed a possible motive. THE ASSOCIATED PRESS

Court sentences bin Laden's family

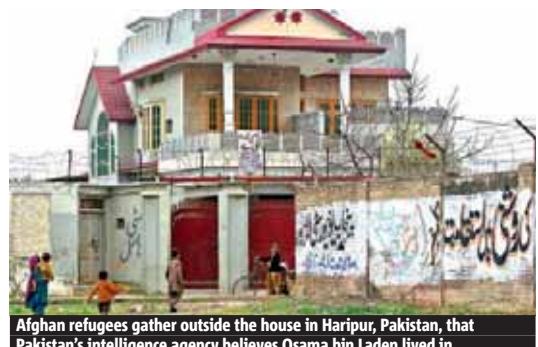
A Pakistani court sentenced Osama bin Laden's three widows and two of his daughters to 45 days in prison on Monday for illegally living in the country, ordering them deported when the sentence ends, their lawyer said.

With credit for time served, the women and several of their other children will leave Pakistan later this month, said lawyer Mohammed Amir Khalil. They have been in detention since American commandos killed bin Laden in a large house in the Pakistani town of Abbottabad on May 2, but they were formally charged with

immigration offences only last month. The Americans left the women and children behind in the house after they flew off with bin Laden's corpse.

The women may have information about how bin Laden managed to remain undetected for close to 10 years after the Sept. 11, 2001 attacks in the U.S. The youngest, 30-year-old Yemeni wife Amal Ahmed Abdel-Fatah al-Sada, has told investigators bin Laden lived in five houses while on the run and fathered four children, two of whom were born in Pakistani government hospitals.

THE ASSOCIATED PRESS



Afghan refugees gather outside the house in Haripur, Pakistan, that Pakistan's intelligence agency believes Osama bin Laden lived in. ANJUM NAVEED/THE ASSOCIATED PRESS

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Data breach

Visa drops Global Payments from approved list

As many as 1.5 million credit cards in North America were compromised by a data breach last month at Global Payments Inc.

Visa has since dropped Global Payments from its list of approved third-party companies that process credit card payments between retailers and banks. **THE ASSOCIATED PRESS**

Social networking

Now even the president is on Pinterest

U.S. President Barack Obama has joined Pinterest, the popular online message board, where users organize and share things they love. His account has a variety of postings about himself and his family, including the family's favourite chili recipe as well as his varied public appearances and activities. **TORSTAR NEWS SERVICE**

Electric car

GM to suspend Chevrolet Volt production

General Motors will suspend production of the Chevrolet Volt for an extra week this summer as it tries to control the electric car's inventory.

But the company says sales picked up in March to a record of more than 2,000, and it may cancel the extra week if sales stay strong. **THE ASSOCIATED PRESS**

Labour. Machinists union heading to court

The International Association of Machinists and Aerospace Workers (IAMAW) said Monday the union will take the government to court over the measure known as Bill C-33 used to prevent some 8,300 IAMAW members from striking on March 12.

The challenge by the machinists follows a similar

filing by the union representing the company's pilots, who filed a suit in Ontario Superior Court last month.

The machinists union said the federal government's actions have now thrust it into an arbitration process it calls biased, removing its charter right to free association.

THE CANADIAN PRESS

Lawsuit. U.S. accuses RBC of sham trading

Royal Bank is defending itself against what it calls "absurd" allegations from U.S. regulators that it engaged in hundreds of millions of dollars in sham futures trades to reap tax benefits on its holdings of company stocks.

The Commodity Futures

Trading Commission lawsuit filed Monday says Royal also concealed the true nature of the trades and made false statements to a futures trading exchange.

RBC denies the allegations of so-called "wash trading."

THE CANADIAN PRESS

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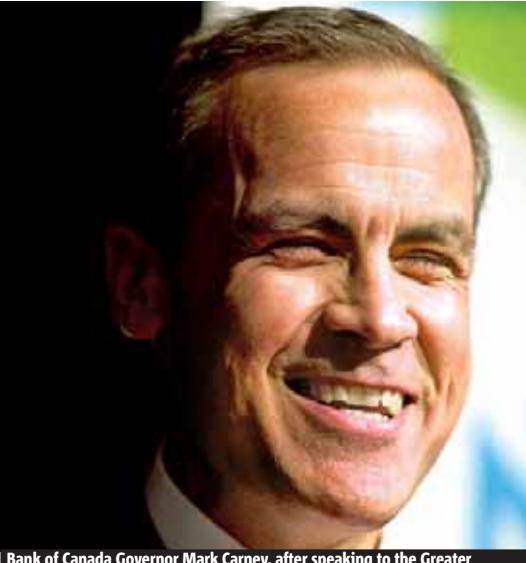
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Economy needs firms to look to emerging markets: Carney



Bank of Canada Governor Mark Carney, after speaking to the Greater Kitchener-Waterloo Chamber of Commerce in Waterloo, Ont., on Monday.

FRANK GUNN/THE CANADIAN PRESS

Global trade. Bank of Canada governor issues sternest warning to date about the country's lagging export record

Canada's economy is underperforming because firms have failed to take advantage of turbo-speed growth in emerging markets, says Mark Carney, citing the worst post-slump trade performance in six decades.

In a speech prepared for a Kitchener-Waterloo business audience Monday, the Bank of Canada governor characterized the country's export record since 2000 as a dismal failure.

It is the worst post-recession record of any recovery since the Second World War, he said, adding that aside

from the United Kingdom, it is currently the worst in the G20 club of major economic nations.

Carney wants Canadian businesses to turn their attention away from traditional markets like the U.S. and focus on booming economies in Asia.

"Exports have not regained their pre-crisis peak, and in fact remain below their level of a decade ago," he said.

For the economy to expand in the future, it must ramp up on exports, and businesses must become more innovative and invest in machinery and equipment, he said.

THE CANADIAN PRESS

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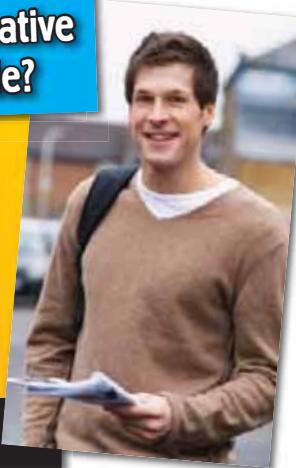
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JUNK FOOD: A CURE FOR THE COMMON CRAVING

SHE
SAYS...Jessica Napier
metronews.ca/shesays

Last week I was terribly sick in the sore-throat, runny-nose, end-of-days kind of way that everyone experiences during this awful, not-quite-winter, not-quite-spring time of year.

According to common cold logic, being sick gives you licence to do things you wouldn't usually do. I spent my recovery period watching bad romantic comedies and eating junk food. Yes, instead of loading up on oranges and soothing chicken noodle soup, I found myself shame-eating instant mac and cheese alone in bed. I'm not proud of it, people.

Eat like our ancestors

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids.

Ninety per cent of the time I worship at the altar of kale salads and cauliflower pizza crust, but when my immune system is down I turn to comfort food. While it makes me feel better in the very immediate short term, flu-related binging almost always results in a trans-fat induced spiral of regret.

This is hardly surprising of course; junk food consumption does in fact have a direct impact on your

mental health, according to a recent study published in the March 2012 edition of *Really Obvious Facts*, ahem, I mean, the journal of Public Health Nutrition. The research revealed that individuals who consume fast food on a regular basis are 51 per cent more likely to develop depression symptoms, compared to those who eat little or none. We can assume the appendix of the study was titled DUH!

But even though we know better (pink slime anyone?) why do we give in to these unwholesome cravings? It seems that junk food is the culinary equivalent of a *Real Housewives* franchise: highly processed but surprisingly satisfying.

Sometimes the difficult part isn't knowing what not to eat, but what we actually should be eating. Every week there is a new cancer-causing food group to avoid. Beware, the evils of gluten, renounce your love of dairy, forget the farmed salmon, cut back on raw vegetables ... begin to live in fear of all edibles!

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids. Cave-person dieters are limited to Stone Age staples such as fish, root vegetables and nuts while eliminating hunter-gatherer foods such as dairy products, grains, legumes, sugar, salt and basically anything delicious. Personally I prefer to subscribe to the low-maintenance doctrine of "everything in moderation."

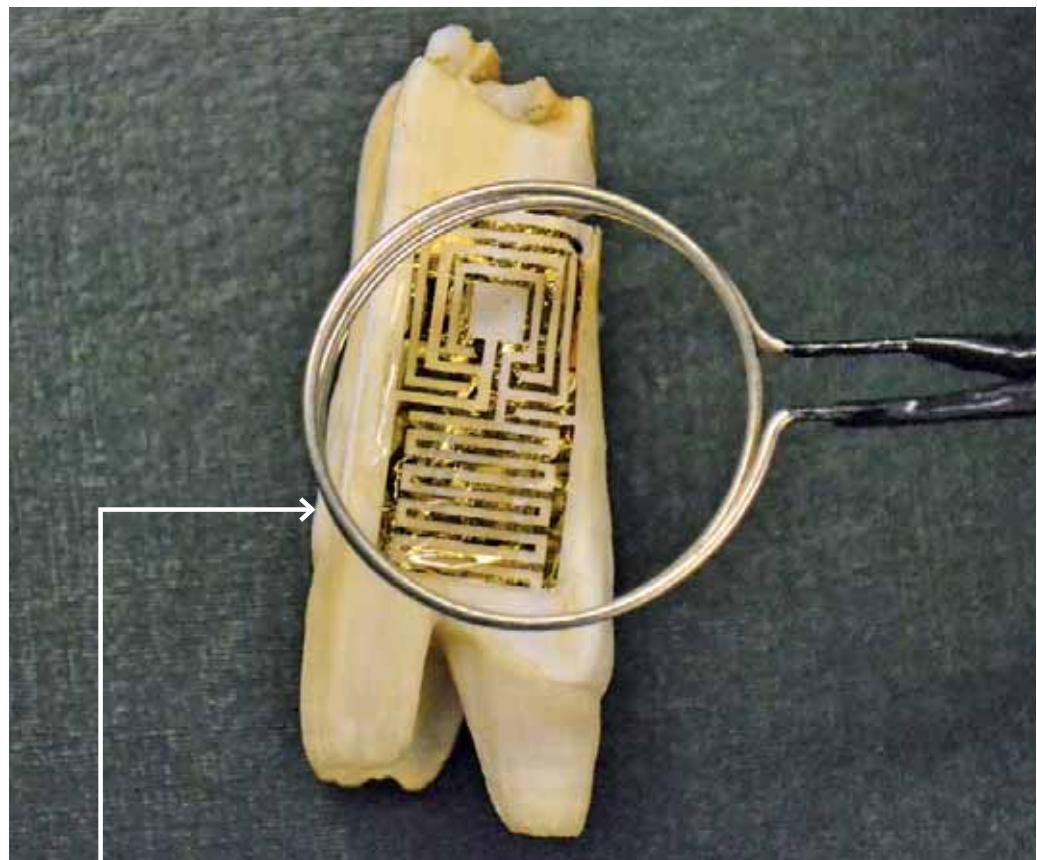
Some of the best food-related advice I ever received was this: when you're at the grocery store, shop around the perimeter. Here you'll find fresh fruits and vegetables, lean protein, whole grains — basically the entire rainbow of items featured on Canada's Food Guide. What you won't find: brownies, frozen pizza (in deep dish, pop or pocket form), and yes, sadly instant mac and cheese.



With so much information circulating about what is healthy and what isn't, sometimes you have to go with your gut instinct.

RAFFI ANDERIAN/TORSTAR NEWS SERVICE

This tooth fights an ache



MCALPINE RESEARCH GROUP/PRINCETON UNIVERSITY

Tonsil detection

Tooth tattoo detects illness

PRINCETON, N.J. We've all heard about having a sweet tooth, but scientists now claim that in a few years from now we could have a disease-detecting tooth working inside our mouths. Michael McAlpine and his team at Princeton have developed a "tooth tattoo" that can sense bacteria in people's breath. METRO

60 seconds



Michael McAlpine

Detecting cancer

How does this device work?

It's made from graphene, a one-atom-thick layer of carbon that's an excellent conductor. After a student breathed on the tooth we used in the experiment, the molecules interacted with the graphene's sensors and gave an electronic, computer reading.

Any potential benefits?

It'll be able to detect *H. pylori*, a bacterium that

causes stomach ulcers and cancer. Plus, it also heralds in a new way of detecting diseases.

When do you plan to put this device on the market?
We think in five years' time.

And you think people will put it on their front teeth?
It can be made small to fit on back teeth but could double up as a trendy-looking "tooth tattoo." ANTHONY JOHNSTON/METRO



Twitter

@cynthiastrawson: • • • •

It's a beautiful crisp #yeg morning. Birds singing, sun shining. @kevinkossowan probably has cucumbers to harvest already

@spenrathoy: • • • •

Guess I'm not going to my first class today #YEG #ETSproblems

@multikaren: • • • •

are people riding their bikes in #yeg already? i'm such a wimp in the morning. and all the time.

@carillonjane: • • • •

Anybody know anything about Starbucks on 105 St and 104 Ave closing? I work across the street and will miss it! #yeg #yegdt #wah

@stephaniejlem: • • • •

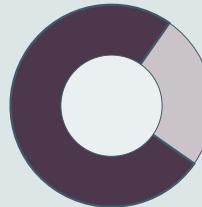
LRT was absolutely packed this morning... Panicked and thought I missed daylight savings. Felt like I was getting punk'd. #yeg #genius



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Do you think the penny should be phased out?

75%
YES, IT'S A
NUISANCE



25%
NO, IT'S AN
ICONIC
PIECE
OF
CANADIANA

It's time to play catch-up

Like any high school reunion, getting the American Pie cast back together for American Reunion leads to the obvious questions about what they've all been up to. Here's an update:

NED EHRBAR
Metro World News in Hollywood



**Jason Biggs
(Jim)**

After films like Saving Silverman and Loser, Biggs has been focusing on TV. He is currently voicing Leonardo on Nickelodeon's new Teenage Mutant Ninja Turtles series.



**Alyson
Hannigan
(Michelle)**

She's come a long way since 'this one time at band camp.' The biggest success of the bunch, Hannigan has been starring on How I Met Your Mother since 2005.



**Seann William
Scott
(Stifler)**

After a string of strong comedy films like Dude, Where's My Car?, The Rundown and Role Models, he completed a stint in rehab prior to filming American Reunion.



**Thomas Ian
Nicholas
(Kevin)**

A child star before American Pie, Nicholas has shifted his focus to music — and even has a song on the American Reunion soundtrack.



**Chris Klein
(Oz)**

After a pair of DUI-related arrests and a stint in rehab, Klein is mounting a comeback, starting with a recurring role on the FX series Willard.



**Eddie Kaye
Thomas
(Finch)**

Thomas has worked steadily on screen and stage in smaller projects, with recurring roles in the Harold and Kumar franchise and the American Dad animated series.



**Tara Reid
(Vicky)**

After a rocky decade filled with critical career bombs, reality TV meltdowns and problematic plastic surgery, Reid appeared on Celebrity Big Brother UK last year.



**Mena Suvari
(Heather)**

Suvari made waves with American Pie and American Beauty in the same year. Recently she has popped up on American Horror Story.



**Natasha
Lyonne
(Jessica)**

Went through numerous drug-related hospitalizations, arrests and rehab stints, now getting back to work with American Reunion and Abel Ferrara's 4:44 Last Day on Earth.



**John Cho
(John, party
guy)**

Cho launched a catch-phrase and a successful career off one key scene in American Pie, and went on to star in franchises like Harold & Kumar and Star Trek.



SCENE

Scene in brief

Sheen gets pranked

How about a sequel to The Artist starring Charlie Sheen? The actor says he wouldn't hesitate for one minute if the project was proposed to him. At least, that's what he told a Montreal radio personality who was pretending to be the film's award-winning actor Jean Dujardin. The notorious comedy duo known as the Masked Avengers called up Sheen two weeks after the Oscars and asked him if he would like to be in a sequel. The actor congratulated "Dujardin" on his Oscar win and said he'd love to work with him. The Montreal pranksters have engaged in stunts involving Bill Gates, Britney Spears, Paul McCartney and, perhaps most famously, Sarah Palin during the 2008 U.S. election.

THE CANADIAN PRESS

On the web



Trailer from Sparkle, the late Whitney Houston's upcoming film, debuts on Today show

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I award you no points: Sandler sweeps the Razzies



Adam Sandler ALL PHOTOS GETTY IMAGES

Adam Sandler has a new record, but it's probably not one he wants to brag about. The actor's gender-bender comedy *Jack and Jill* — in which he played male and female twins — earned 10 of the 12 Razzies for which it was nominated over the weekend.

The Razzies — or Golden

Raspberries — celebrate the worst in film each year.

"It's not really a clean sweep," Razzies founder John Wilson tells People magazine. "So it will go into the record books with an asterisk."

The previous record-holder for most wins was Lindsay Lohan's 2006 film *I Know Who Killed Me*.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

More children, less money, way more problems



THE WORD

Dorothy Robinson
scene@metronews.ca



Nadya Suleman

Well, after years of squawking about how the Octomom is going to be a welfare mother, it looks like all of our tsk-tsking is going to come true. Nadya Suleman, mom to 14, is now on welfare — and is receiving death threats because of it.

She tells TMZ.com, the \$2,000 a month she gets from the State of California in food stamps is to avoid "becoming totally destitute."

According to TMZ, since

the welfare news broke, she's been receiving death threats but she feels people should be directing their anger toward those "who are abusing the system and not at her."

What about stupid people who abuse fertility drugs to have way more children they — and society — can't possibly support in a misguided attempt at fame?

Where do we direct that anger toward?

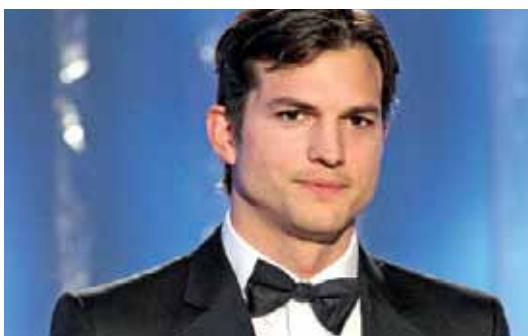
Ladies of the world rejoice: Adam Levine is single

Adam Levine and model Anne Vyalitsyna have broken up, according to Holllyscoop.

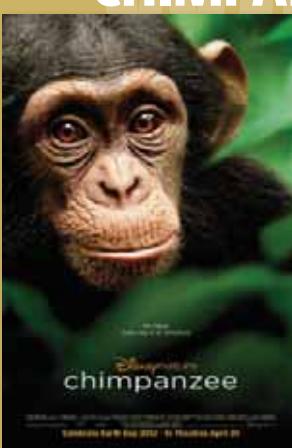
The very high-profile couple was previously seen walking the Victoria's Secret runway hand-in-hand and posing nude for *Vogue Russia* together last November, but apparently all

wasn't well at home, as Levine and Vyalitsyna "got into a big fight in January" that nearly ended the relationship, a source says.

"Adam and I have decided to separate in an amicable and supportive manner," Vyalitsyna says in a statement confirming the split.



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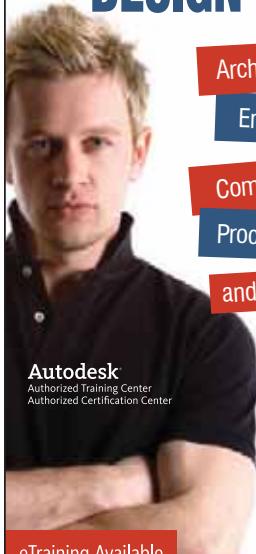
IN THEATRES APRIL 20TH

DISNEYNATURE will donate portion of first week box office for CHIMPANZEE to the Jane Goodall Institute Canada through "SEE 'CHIMPANZEE,' SAVE CHIMPANZEE" program.

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@ElizabethBanks

Autocorrect just changed Thurs to Thugs three times. I forgot Thugs was a word. Probably because it's not 1956.



@edgarwright

A simple internet rule is this: don't get your news from film sites that either don't watch films or seem to hate them all equally.



@ParisHilton

In bed trying to figure out which movie to watch. Deciding between *The Tree of Life*, *Horrible Bosses*, *The Grey* & *Tangled*. Thoughts?



@AlbertBrooks

Have a pretty funny joke about Lincoln but I think it's too soon.

Stork brings Bruce Willis one more baby girl



Bruce Willis and Emma Heming welcomed a baby girl, Mabel Ray, over the weekend, according to *Entertainment Tonight*. The new parents are "overjoyed" about the arrival, according to their reps.

Mabel weighed in at nine pounds, one ounce. This is the first child for the couple, who tied the knot in 2009. Willis has three daughters with ex-wife Demi Moore.

Ashton Kutcher as Jobs? How do you like them Apples?

Two and a Half Men star Ashton Kutcher knows how he's spending his summer vacation: playing tech guru Steve Jobs in a film about the life of the late Apple mogul, according to *Variety*. The film, to be directed

by Joshua Michael Stern, will follow Jobs' rise to power. Of course, there's some competition, as Sony Pictures is developing a rival Jobs biopic, though there's no word on who will play the computer pioneer in that film.

Speedflirt



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Learning archery goes a long way for one hungry actress

Olympic archer Khatuna Lorig trained Hunger Games star Jennifer Lawrence. She tells Metro how she transformed the actress into an archer

ROMINA MCGUINNESS
wellness@metronews.ca

Shooting a bow and arrow isn't as easy as it looks in The Hunger Games. Without steady poise, physical strength and mental focus, it's unlikely you'll hit a target, much less a genetically mutated beastie. Just ask star Jennifer Lawrence, who had to practice so much, she ended up carrying the equipment around in her car.

In order to look and shoot like a professional archer, Lawrence trained with Khatuna Lorig one hour a day, for 15 days. Lorig's first tip: An archer needs to be standing correctly. Holding a bow with bad posture could cause unnecessary injuries.

"If you're standing correctly you will have less pain and more pleasure," says Lorig. This is how it's done.

The Alignment Drill

How does the body need to be aligned as you shoot?

"First, make sure your shoulders are lined up. From here, hold your bow in your hand and stand perpendicular to your target. Get into position by making a 'T' shape with your arms: open them up bending one arm to your face, touching your chin and using the other arm, your



Jennifer Lawrence had to train for months to become a decent archer for The Hunger Games movie. HANDOUT

'bow arm' to aim at the target," explains Lorig.

The advantage of being long and lean

Lawrence has the perfect body for archery. She's tall (around 5-8) with long arms and a long neck.

"Long limbs are perfect for archery as it's easier to get into the alignment drill," adds Lorig. Once Lawrence could handle the bow with ease, Lorig wanted her technique to look natural. Moving from the static alignment drill, she got her to shoot from longer distances and from a crouching position, with one knee down on the ground — a move she would be required to master on set.

Quote

"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique."

Olympic Archer Khatuna Lorig

Arm strength

Although Lorig admits her only exercise is archery, she doesn't dismiss the benefit of arm strength when it comes to improving technique.

"Arm strength is very important for an archer. Jen-

nifer trained with a 15-pound wooden bow — and the one she uses in the movie was probably lighter than that — but professional archers can hold up 45- to 50-pound bows," explains Lorig.

Adding press ups or light weight lifting to your exercise routine will help build arm strength, allowing you to keep a tighter grip on your bow, which in turn will precise your aiming skills.

Mental focus is crucial when you are aiming

"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique, keeping your

mind as sharp as you can," explains Lorig.

How can you get the perfect aim?

According to Lorig, there's no trick to having the perfect aim.

"The trick is training all day, every day and shooting about 400 to 500 arrows each time. Without practice, there's no way you'll make the perfect shot."

On a scale of one to 10, how does Lorig rate Lawrence's archery skills?

"I would give her a seven or eight out of 10. Her performance in the movie was very good considering I didn't train her on set."

3

LIFE

Living well

Surviving without food or water?

Humans can survive 30 to 40 days without food, providing they are properly hydrated. On the other hand, surviving that long without water is virtually impossible. Besides oxygen, it's the most important nutrient for the body. Expect to last between two to 10 days without it.

Health

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Berries are bursting with antioxidants. They also have remarkable anti-inflammatory and immune-system-boosting properties. One portion (one cup) a day is enough to reap the full health benefit.

METRO WORLD NEWS

Teen sensation



Josh Hutcherson the new Taylor Lautner?

To match the buff build of his character Peeta Mellark, Josh Hutcherson had to gain 15 pounds of muscle. His trainer, an ex navy SEAL, made him do weight lifting and put him on a strict high-protein, low-carb diet to increase muscle and reduce fat.

ROMINA MCGUINNESS

On the Web



Foul smelling urine in young kids may be sign of urinary infection: study

How Jennifer Lawrence got fit

Analysis. Metro looks at her physical transformation into Katniss Everdeen

ROMINA MCGUINNESS
wellness@metronews.ca

To prepare her body for the Games, Jennifer Lawrence stuck to an intense fitness schedule consisting of twice-daily workouts with conditioning coach Dr. Joseph Horrigan. In the morning she would work on her running technique by performing a series of agility drills and



sprints. In the evening she focused on stationary bike work, mixing this up with an aerobic and aerobic exercises. By the time filming began,

she had lost around eight pounds.

A climber's agility

In order to perfect Katniss's

tree climbing techniques, Lawrence teamed up with the stunt team to work on her agility skills. They set up arena-like obstacle courses for her to practice in, such as rock and tree climbing.

Core strength and flexibility

On her rest days, Lawrence stretched and flexed her muscles with some Yoga and Pilates. Both techniques help relax the mind and strengthen core muscles.

The District 12 diet

Katniss isn't meant to look overfed so Lawrence's nutritionist capped her calorie intake.



Spring Creek Sirloin with crisp greens and soy dressing (\$24). CHRISTOPHER THRALL

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Tiny restaurant finds its Niche serving intriguing creations



LUNCH RUSH
Christopher Thrall
life@metronews.ca

A single frosted glass door opened in to Niche, a tiny bistro that is full of dark wood, a sweeping bar and well-dressed urbanites.

The lunch menu is full of intriguing sandwiches and pastas, but the chalkboard's steak salad special (\$24) caught my eye.

After a delicious oatmeal martini (\$8), a carpaccio amuse-bouche and some cucumber-flavoured water, the salad finally arrived. The wait was worth it.

Tender, savoury strips of marinated Spring Creek sirloin stretched across crisp lettuce, tomatoes and wild mushrooms while a salty soy dressing tied the whole plate together.

My delight transformed into ecstasy with the arrival of a buttercream bannock shortcake under wild berry compote (\$8).

That jumble of words does nothing to describe the sweet, moist, heavenly manna.

Niche is small, and because of that service out of

Visiting the restaurant

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Phone. 780-761-1011

Website. experienccniche.ca

Rating. 4/5

Price range. Mid to high

Reservations. Yes

Licensed. Yes

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

the tiny kitchen can take a while.

However, the cosmopolitan bistro with its inspired cuisine has certainly carved out a spot all its own in Edmonton's culinary scene.

Barbecue Chicken Sandwich. Leftover dinner makes tasty lunch



1. In a bowl, combine chicken with barbecue sauce and divide between 2 slices of bread.

2. In another bowl, whisk together mayonnaise, vinegar, sugar, salt and pepper. Toss with coleslaw.

3. Put the coleslaw on top of the chicken. Top with remaining bread slices to make sandwiches. Slice and serve immediately. **NEWS CANADA/DEMPSTER'S/ ADAPTED BY EMILY RICHARDS (VISIT, EMILYRICHARDSCOOK.CA)**

Ingredients

- 2 cups (500 mL) sliced leftover cooked chicken
- 1/4 cup (50 mL) barbecue sauce
- 4 slices white bread
- 1 tbsp (15 mL) low-fat mayonnaise
- 2 tsp (10 mL) cider vinegar
- 1/2 tsp (2 mL) granulated sugar
- 1/4 tsp (1 mL) salt, pepper
- 1 cup (250 mL) bagged coleslaw mix

Examining The Mama's Boy Myth

Reading. Mother-son relationships get an in-depth look in new book

MEREDITH ENGEL
Metro New York

With so much attention given to the special bonds between mothers and daughters, fathers and daughters, and fathers and sons, where does that leave mothers and sons? Kate Stone Lombardi, author of *The Mama's Boy Myth: Why Keeping Our Sons Close Makes Them Stronger*, sought to find out.

"It's almost been like the elephant in the room," she says. "For some reason no one has looked at the mother-son subject. The world has changed so dramatically and yet we're still sort of stuck in this time bubble when it comes to moms and sons, this idea that them being close is somehow dangerous or wrong. We are long overdue to take a look at this relationship."

The author says that society has been quick to reject the idea of a close bond between mother and son because the son can be perceived as weak and the mother overbearing. And while she's not asking moms to raise boys who require a maternal nudge at every turn, she does hope to inspire them to take a more active role in their sons' lives. We wanted to learn more.

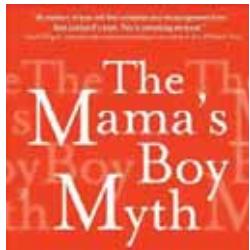
How did the idea of the mama's boy start?

I think it goes back to the Oedipus complex. The Oedipus complex is a theory that Freud wrote in 1899 — basically, it's the unconscious desire for a little boy to sleep with his mom. Freud was really writing about the unconscious, and I think we misinterpreted what he was saying.

We turned it into the idea that normal, healthy mother-son affection and closeness is somehow wrong and dangerous. And that is just not true — being close to his mother benefits a boy, both when he is young and throughout his life.

Why are daddies' girls more revered in our society than mama's boys?

I think there's really a double standard. I think dads have a lot more freedom when it comes to their daughters. A



Why Keeping Our Sons Close Makes Them Stronger
Kate Stone Lombardi

dad (who) coaches his girl in lacrosse or even teaches her a "masculine" skill like working on a car engine is still a cool dad.

For some reason it's not at all the same with moms. If a mom tries to influence her son, people start worrying that she's gonna feminize her boy. But no one worries that the dad is gonna turn his little girl into a boy by teaching her sports. One professor at Bates College studied parents of preschoolers. The parents were totally fine if the little girls (wore) sports jerseys and played with trucks and blocks, but the same did not extend for little boys. They were OK if little boys played in the kitchen a bit, but that's it. There is a double standard.

How does society benefit from a boy who's close to his mom?

Moms who are close to their boys really teach them emotional intelligence. They teach them how to put their words into feelings. That is gonna serve a boy all through his life. One study showed (that with) guys who had a stronger connection to their moms, their wives and partners rated them as much better communicators.

Men who really like and respect their mothers like and respect other women.

Research has shown that boys who are forced to separate prematurely from their moms — I'm talking about little guys whose moms stop cuddling them because they think they need to toughen up — go on to have a hard time with women.

And the reason is they've learned that the first woman that they've ever loved has pushed them away.

Guys who have good, secure attachments with their moms go on to have good relationships.

Health. Spring is here, so give your mind some cheer

GABRIELLE BERNSTEIN
Metro New York

Springtime ignites a whole new attitude in city-dwellers. The heavy layers come off, the Frisbees start flying and a state of newfound happiness sets in.

This spring season, amp up your good vibes with my tips for happiness.

Spring clean your mind

Spring offers us an awesome opportunity for cleaning house. Rather than put so much emphasis on spring-cleaning your closet, though, why don't you clear out some of the clutter in your mind? There's likely a thought (or several) that has been holding you back and keeping you stuck.

Get honest with yourself about the negative thoughts that are limiting you and com-

mit to a mental spring cleaning. The simplest way to begin is to start each day with a more positive intention.

Each morning, affirm your desire for the day by saying: "Today I choose to perceive my life with positivity. I am willing to release the negative thoughts that have been holding me back from happiness."

This simple mantra will jump-start your day with powerful energy and a commitment to happiness. Making the conscious decision to choose happiness will begin your mental clearing process.

Take a sun break

If you work at a desk or spend too much time indoors, make a point to step outside to soak up the sunshine.

The sun has so many healing elements. When

you're exposed to direct sunlight you produce endorphins that bring about a burst of positive energy.

Take a sun break once a day and let happiness shine upon you!

Plan a picnic

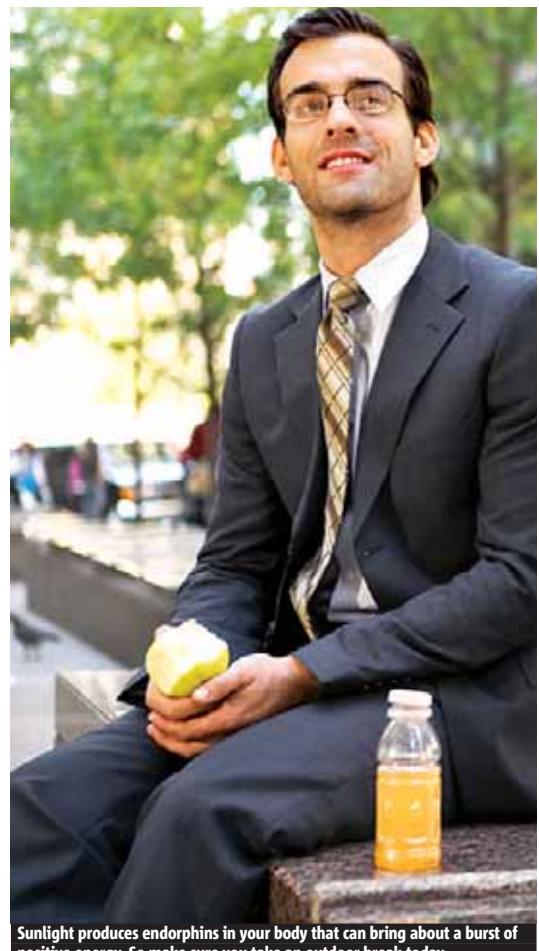
City-dwellers spend too much time eating takeout or obsessing over the latest hot restaur-

rant.

This spring, take advantage of the park and share an awesome picnic. You'll find joy in preparing a meal for a friend and saving some cash while you're at it.

Bring your new attitude to the park, soak up the rays and enjoy your picnic!

GABRIELLE BERNSTEIN IS THE AUTHOR OF SPIRIT JUNKIE.



Sunlight produces endorphins in your body that can bring about a burst of positive energy. So make sure you take an outdoor break today. ISTOCK



Non-profit community groups can make up to \$1500 removing graffiti vandalism.

For information call 780 442 5302
www.edmonton.ca/capitalcitycleanup
Report Graffiti Vandalism. Call 311.



Easter

Time to hunt some eggs again

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

With Easter just around the corner, I thought I'd offer up some tips for those families, or churches and social groups, considering doing an Easter-egg hunt. Here are a few ways to ensure it's a success.

1. Think about the age group. This is one activity where mixing young kids with older ones doesn't always work. Consider a toddler egg hunt and an older children's egg hunt to



Think about age groups when planning your hunt. ISTOCK

keep things fair.

2. If treats are to be hidden inside the eggs, mix up what the children will find. Putting the same surprise in each egg will be a disappointment, no matter how cheap you found them at a big-box store.

3. Talk to your kids ahead of time. There are

inevitably going to be a few skirmishes where kids fight over an egg they find at the same time. As hard as it is, this is a good opportunity to teach your kids about sharing. Parents, this is your job!

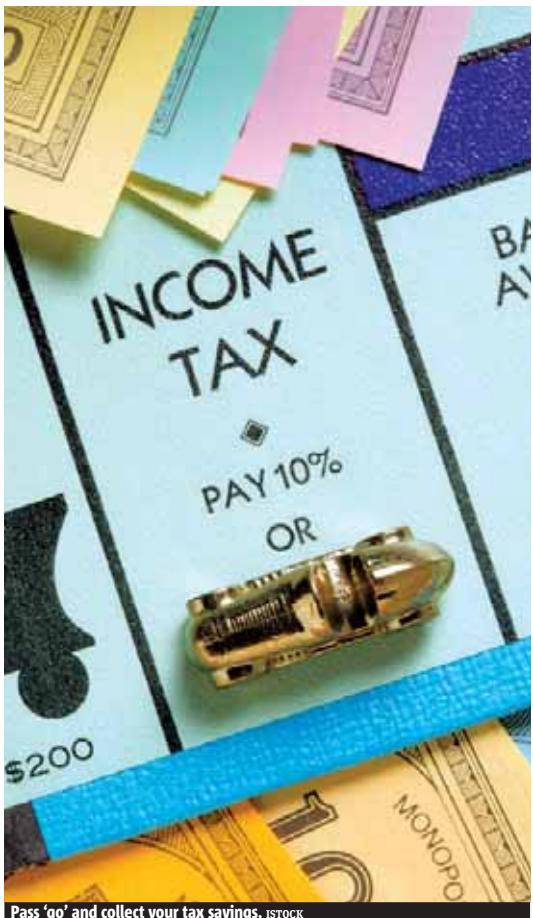
4. A way to deal with No. 3 is to assign children a colour, so that they have to

find eggs only of one particular colour. This should help avoid disputes.

5. Plan an adult-friendly gathering while the children are hunting, and remember to let them have fun. Don't stress about grass stains on clothing; just let the kids run out and play. Besides, in an upcoming article, I promise to tell you all about dealing with those pesky grass stains!

Happy Easter to all of you who celebrate this wonderful holiday.

I am currently in Abu Dhabi training for two weeks, yet my gracious hosts from this part of the world are taking me out for lunch on Sunday in celebration of my holiday — how lucky am I to have such a gracious host?



Pass 'go' and collect your tax savings. iSTOCK

Smells like Trump spirit: Donald has a new fragrance

Capitalist cologne.
Donald says his new, more subtle scent rolls with public tastes, even if he prefers more glitz

Could Donald Trump's sweet smell of Success come without a lot of bells and whistles? That's the approach he's taking with his newest fragrance, showing off a subtler side.

Success by Trump is a clean and spicy mix of juniper and red currant with a heart of ginger, bamboo leaves and geranium, and a base that includes vetiver, birch wood and musk. It comes in an architectural, squared-off clear glass bottle with a brushed silver top.

"It is different from my nor-



Donald Trump GETTY IMAGES

mal packaging. I felt it was very elegant, modern and a very successful look," the 65-year-old real estate mogul and TV personality said in a recent telephone interview.

Success is made by the Five Star Fragrance Co., which also makes Kim Kardashian's perfume.

Trump says he wears his new scent to formal events. It pairs nicely with the shirts, ties, suits and cuff links, all sold at Macy's, that have his name stamped on them, he said, not missing an opportunity for a pitch, although a softer sell than what audiences might see on his TV show *The Apprentice*.

The fashion world is par-

A touch of class

"It is different from my normal packaging. I felt it was very elegant, modern and a very successful look."

Donald Trump
On the look of his new fragrance

Don't give the tax man a penny too much

Last-minute filing. No one likes paying taxes, but you can take steps to avoid overpaying



YOUR MONEY
Alison Griffiths
money@metronews.ca

There's a very good reason why death and taxes often occupy the same sentence. Neither is appealing to contemplate. While death can sometimes be delayed there's no avoiding the latter at this time of year.

As sure as April follows March every year, there is a stampede to file returns once Easter and Passover indulgences have been digested.

Alison's money rule

"Pay yourself first by double-checking all your tax deductions and credits."

Your friend in these last-minute situations is, in my opinion, the best tax book available for consumers: *Essential Tax Facts: Simple tips for preparing your taxes so you can build wealth* (2012 edition), by Evelyn Jacks, tax expert and founder of the Knowledge Bureau in Winnipeg.

Jacks points out that taxpayers leave thousands, sometimes hundreds of thousands of dollars, on the table over their lifetimes by paying too much tax.

It's tough these days to increase your income. But being vigilant about every penny sent to Ottawa and your provincial government is something the latter at this time of year.

Here are some of the changes Jacks highlights for 2011.

1. Children's Arts Tax Credit Similar to the Fitness Tax Credit, parents can claim (or share the claim) for up to \$500 if the child is enrolled in a broad range of artistic, environmental or cultural activities.

2. Tuition Tax Credit – Examination fee This is claimable for examinations and pre-requi-



site study materials purchased in order to achieve a recognizable licence or professional status.

3. Study abroad

The study period has been reduced to three weeks from 13 for students in full-time programs at Canadian universities and colleges.

So if you are off to Italy to study Michelangelo's David for three weeks as part of your degree, you can claim the tuition and education amount and withdraw Education Assistance Payments from an RESP.

Spend time with your taxes

Just how careful are you?

- It pays to be careful.** On the TV show *Million Dollar Neighbourhood*, a review by H&R Block found that nearly a third of tax filers made at least one error on their return.

4. Sharing an RESP with a sibling Transferring from one RESP to another will not trigger repayment of the government Canada Education Savings Grant as long as the sibling receiving the funds is under 21.

5. Money from babes

The Canada Child Tax Benefit, Universal Child Care Benefit and GST credit can now be split 50/50 between parents (for payments received after June 2011), assuming they live with the child.

One of Jacks' top tax tips is a recommendation that couples (married or common-law) file taxes jointly to maximize credits and deductions including medical expenses and amounts for public transit, children's fitness and arts and the new home buyer's credit.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Save money

Top five tax savings tips



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesleyscorgie on Twitter

Forget tax evasion; that's illegal. There are legitimate ways to cut your tax bill.

Registered retirement savings plan

The RRSP is the most popular tool to reduce taxes for Canadians.

Individuals can contribute up to 18 per cent of their income through RRSP contributions, to a maximum of around \$23,000 per year (indexed). RRSP contributions are fully tax deductible and they grow tax-deferred until withdrawal.

The more you contribute to your RRSP, the greater tax deduction you receive. If you don't use up your available contribution room, it carries forward into future years.

Tax-free savings account

A TFSA allows you to grow your money tax-free. So, when you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or inter-



Have you been 'tipping' the tax man every year? iSTOCK

est earned.

On the flip side of this, capital losses within the plan are not tax deductible and dividends aren't eligible for the dividend tax credit. You can contribute up to \$5,000 annually (indexed). Unused TFSA contribution room can be carried forward.

Non-registered investment plan

Investing outside the RRSP or TFSA, in a non-registered investment plan, is less popular; though you can still reduce taxes through the dividend tax credit and a favourable capital gains tax rate.

Dividends are paid to investors who hold certain stocks. Capital gains (and losses) are incurred when an investment is sold.

Charitable donations

Charitable giving is another effective tool to reduce taxes and support your community.

When you give money to a registered charity, you receive a tax receipt that goes toward a tax credit when you file your return. This will decrease the taxes you pay.

Tax credits

There are many other tax credits available for Canadians including those for child care, transit, extended medical/health expenses, education and so on.

Check the Canada Revenue Agency website crarr.gc.ca (select information for individuals) to see which personal tax credits apply to you, rates and a list of registered charities.

Team Canada's confidence grows with pair of wins

Curling. At 5-0, Howard and Team Sweden are only unbeaten rinks left at world championship

Canada's Glenn Howard posted two more victories Monday to remain unbeaten at the world men's curling championship.

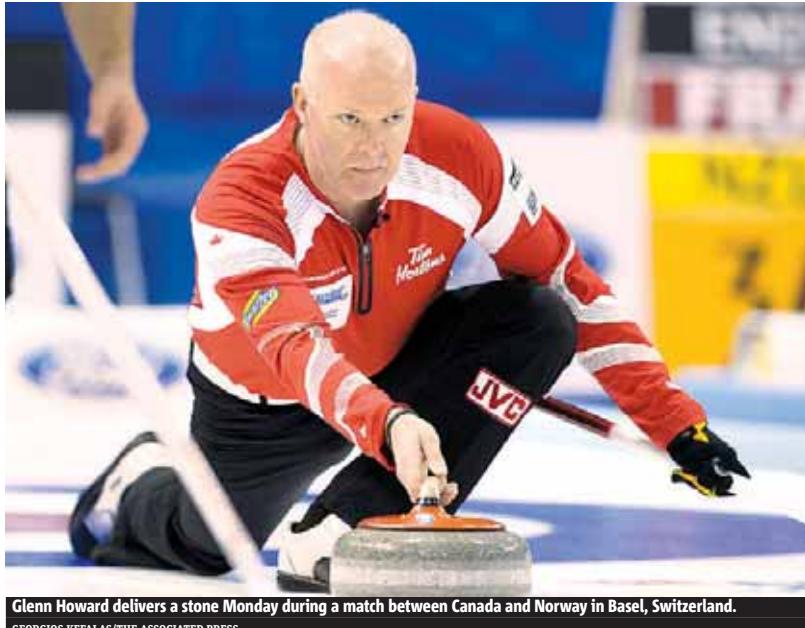
Howard beat Norway's Thomas Ulsrud 8-3 in the morning draw before defeating Jiri Snilit of the Czech Republic 9-3 in the evening. Canada remained tied with Sweden for first place at 5-0 after eight draws of round-robin play.

"I sense the confidence is getting bigger and bigger," Howard said. "I felt really comfortable out there again tonight. My guys are making everything underneath me."

The Czech game was tighter than the result might suggest. Howard entered the ninth end with just a two-point lead and hit a nice double takeout to score four points to end it.

Howard and teammates Wayne Middaugh, Brent Laing and Craig Savill shot an impressive 91 per cent in both wins.

The Czechs provided a much stiffer test than the



Glenn Howard delivers a stone Monday during a match between Canada and Norway in Basel, Switzerland.

GEORGIOS KEFALAS/THE ASSOCIATED PRESS

Norwegians. Ulsrud, the 2010 Olympic silver medalist, never got on track and made several uncharacteristic errors.

"We kept putting pressure on him and he was missing," Howard said. "The recipe for a win."

A back injury to skip Niklas Edin hasn't hampered Sweden's performance. Sebastian Kraupp has filled in nicely and guided the rink to a 10-8 win over France to keep pace with Canada.

Another medal favourite, Scotland's Tom Brewster, was

in third place along with the surprising Liu Rui of China at 4-1. Norway is one of four teams tied at 2-3 while the other rinks are even at 1-4.

After a slow weekend, attendance picked up Monday night with an estimated 1,800 spectators at the 9,000-seat

Howard's titles

Howard has won three world titles over his career — in 1987, 1993 and 2007.

Quoted

"We came out and were really playing well and caught Norway on an off day. Good timing."

Skip Glenn Howard on Canada's 8-3 win over Norway on Monday.

venue.

Howard said his team has felt comfortable from the start of the competition.

"I'm always talking about peaks and valleys," Howard said. "Our valleys aren't too bad and that's the good news. We're always up there pretty high. That was a really good game."

Howard shot 88 per cent for the game, well ahead of Ulsrud at just 56 per cent.

Round-robin play continues through Thursday night and playoff games are scheduled for the weekend. Teams also have an opportunity to earn Olympic qualifying points for their countries at the competition. THE CANADIAN PRESS

SPORTS

Oilers

Bryan Rodney recalled from AHL

The Edmonton Oilers recalled defenceman Bryan Rodney on an emergency basis from the AHL's Oklahoma City Barons on Monday. Rodney will be making his Oilers debut after being acquired from the Carolina Hurricanes in February in exchange for Ryan O'Marra. Edmonton was in Los Angeles for a game against the Kings on Monday night. Rodney has a goal and eight assists in 21 games for the Barons.

THE CANADIAN PRESS

NCAA men's basketball

Kentucky finishes the job

Doron Lamb scored 22 points, and Kentucky won its eighth national championship, holding off Kansas for a 67-59 victory Monday night.

THE ASSOCIATED PRESS

On the web



Is the NFL about to go to the Ducks? Nike is set to unveil its new NFL uniforms Tuesday, with some speculating the company will take design cues from the NCAA's Oregon Ducks. Nike has designed five different helmets, seven jerseys and six pants for Oregon that have become known for their flamboyant colour combinations. Scan the code for the story.

Unfinished NHL business

All 30 NHL teams close out their regular-season schedule with games on Saturday and there is plenty still at stake before then, from playoff spots to year-end trophies to personal milestones. Here's a closer look at what to keep an eye on in the coming days:

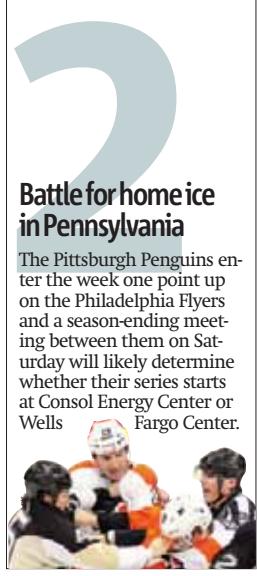
THE CANADIAN PRESS



Cluttered conferences

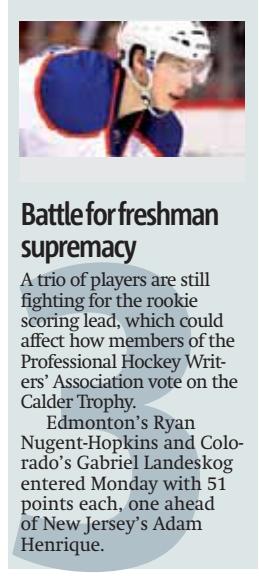
In the Western Conference, Los Angeles, Phoenix, San Jose, Dallas and Colorado are fighting for three playoff spots.

In the East, ninth-place Buffalo are two points back of Washington and five behind Florida. They'll need to win all three remaining games and get some help to make the playoffs.



Battle for home ice in Pennsylvania

The Pittsburgh Penguins enter the week one point up on the Philadelphia Flyers and a season-ending meeting between them on Saturday will likely determine whether their series starts at Consol Energy Center or Wells Fargo Center.



Battle for freshman supremacy

A trio of players are still fighting for the rookie scoring lead, which could affect how members of the Professional Hockey Writers' Association vote on the Calder Trophy.

Edmonton's Ryan Nugent-Hopkins and Colorado's Gabriel Landeskog entered Monday with 51 points each, one ahead of New Jersey's Adam Henrique.



Will Karlsson reach 80-point mark?

Ottawa Senators defenceman Erik Karlsson is down to three games to bolster his case for the

Norris Trophy. His 77 points are 25 ahead of the next best blueliner, Zdeno Chara, and he sports a plus-18 rating.



Presidents' Trophy pressure

Will the Presidents' Trophy go to Vancouver, the Rangers or St. Louis?

The Canucks are looking to become the NHL's first back-to-back regular-season champions since the lockout and enter the week tied with New York at 107 points, one ahead of the Blues. They each have three games to play.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	79	50	22	2	5	218	175	107	27-11-0-2	23-11-2-3	6-4-0-0	L1
dx-Boston	79	47	28	7	3	259	193	93	23-13-2	24-15-0-1	7-2-0-1	W2
d-Florida	79	37	25	6	11	193	217	91	20-9-1-9	17-16-5-2	4-2-1-3	L3
x-Pittsburgh	79	48	25	3	3	268	214	102	27-10-2-0	21-15-1-3	5-4-1-0	L1
x-Philadelphia	79	46	24	2	7	257	222	101	21-12-2-5	25-12-1-2	6-2-0-2	W1
x-New Jersey	79	45	28	2	4	219	205	96	22-13-0-4	23-15-2-0	5-4-0-1	W3
x-Ottawa	79	41	28	6	4	245	231	92	20-15-2-2	21-13-4-2	5-3-0-2	W4
Washington	80	40	32	4	4	214	227	88	25-11-2-2	15-21-2-2	4-4-1-1	L1
Buffalo	79	38	31	4	6	208	219	86	20-12-3-5	18-19-1-1	6-2-0-2	L2
Winnipeg	79	36	34	5	4	213	233	81	23-13-3	13-21-4-1	4-5-1-0	L1
Tampa Bay	79	37	35	4	3	227	270	81	25-14-1-1	12-21-3-2	5-5-0-0	W2
Carolina	79	31	32	10	6	208	237	79	19-14-2-5	12-18-8-1	5-5-0-0	L2
Toronto	79	34	36	4	5	222	252	77	17-16-3-4	17-20-1-1	4-5-0-1	W1
NY Islanders	79	33	35	7	4	194	241	77	16-18-5-2	17-17-3-2	6-3-0-1	L2
Montreal	79	29	35	4	11	202	221	73	14-15-2-8	15-20-2-3	3-3-2-4	L4

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	79	49	21	2	7	239	191	107	25-10-0-4	24-11-2-3	7-2-1-0	W6
dx-St. Louis	79	48	21	1	9	204	156	106	30-5-1-3	18-16-6-0	4-3-0-3	L2
d-Los Angeles	79	39	27	5	8	185	170	91	21-14-0-4	18-13-5-4	8-2-0-0	L1
x-Detroit	79	47	27	3	2	242	199	93	31-6-1-1	16-21-2-1	3-5-2-0	W1
x-Nashville	79	45	26	3	5	227	208	98	24-10-2-3	21-16-1-2	4-5-0-1	L1
x-Chicago	80	44	26	4	6	244	234	98	27-8-1-5	17-18-3-1	7-1-0-2	L1
Phoenix	79	39	27	3	10	206	202	91	21-13-2-4	18-14-1-6	5-2-0-3	W2
San Jose	79	40	29	5	5	214	201	90	25-12-2-1	15-17-3-4	6-4-0-0	W1
Dallas	79	42	32	1	4	207	212	89	22-14-0-3	20-18-1-1	4-6-0-0	L2
Colorado	80	41	33	4	2	205	209	88	22-15-1-1	19-18-3-1	5-3-1-1	W1
Calgary	80	35	29	7	9	194	222	88	21-12-5	14-17-6-4	2-3-3-2	L3
Minnesota	79	34	35	2	8	173	219	78	19-16-1-3	15-19-1-5	5-5-0-0	W3
Anaheim	79	33	35	5	6	195	219	77	21-18-0-2	17-12-3-6	4-5-1-0	L2
Edmonton	79	32	38	3	6	210	231	73	18-17-2-3	14-21-1-3	6-2-1-1	W1
Columbus	79	27	45	2	5	255	261	61	16-21-2-2	11-24-1-3	5-5-0-0	W3

x — clinched playoff berth; d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Tampa Bay 4 Washington 2	Gaborik, NYR	40	34	74
Edmonton at Los Angeles	Elias, NJ	25	49	74
Sunday's games	Thornton, SJ	16	58	74
Ottawa 5 N.Y. Islanders 1	Kopitar, LA	25	47	72
Edmonton 2 Anaheim 1	Pominville, Buf	29	41	70
Philadelphia 6 Pittsburgh 4	Eriksson, Dal	26	44	70
Detroit 2 Florida 1 (SO)	St. Louis, TB	24	46	70
Boston 2 N.Y. Rangers 1	E-Staal, Car	24	45	69
Minnesota 5 Chicago 4 (SO)	Zetterberg, Det	22	46	68
Tonight's games	Moulson, NYI	34	33	67
All times Eastern	Sharp, Chi	33	34	67
Toronto at Buffalo, 7 p.m.	D.Sedin, Vcr	30	37	67
N.Y. Islanders at New Jersey, 7 p.m.	Lupul, Tor	25	42	67
N.Y. Rangers at Philadelphia, 7 p.m.	Parenteau, NYI	18	49	67
Pittsburgh at Boston, 7:30 p.m.	Hartnell, Pha	32	30	66
Carolina at Ottawa, 7:30 p.m.	Iginla, Cal	32	34	66
Winnipeg at Florida, 7:30 p.m.	Parise, NJ	31	35	66
Minnesota at Nashville, 8 p.m.	Seguin, Bos	27	38	65
San Jose at Dallas, 8:30 p.m.	Selanne, Ana	26	39	65
Anaheim at Vancouver, 10 p.m.	Filppula, Det	23	42	65
Columbus at Phoenix, 10 p.m.	P.Kane, Chi	23	42	65
Tomorrow's games	B.Richards, NYR	25	39	64
Tampa Bay at Montreal, 7:30 p.m.	Datsyuk, Det	18	46	64
Detroit at St. Louis, 7:30 p.m.	Ovechkin, Wash	36	27	63
San Jose at Dallas, 8:30 p.m.	Ryder, Dal	35	27	62
Anaheim at Vancouver, 10 p.m.	Ja.Benn, Dal	26	36	62
Carolina at Florida, 10 p.m.	Ribeiro, Dal	18	44	62
Edmonton at Columbus, 10 p.m.	O.Jokinen, Cal	23	38	62
SCORING LEADERS	P.Bergeron, Bos	22	39	61
Malkin, Pgh	Purcell, TR	20	41	61
Stamkos, TB	Wheeler, Wpg	17	44	61
Giroux, Pha	Michalek, Ott	35	25	60
Spezza, Ott	Vrbata, Phx	33	27	60
Neal, Pgh	Couture, SJ	30	30	60
Kovalchuk, NJ	Pacioretty, Mtl	30	30	60
Kessel, Tor	Marleau, SJ	28	32	60
Tavares, NYI	Fleischmann, Fla	26	33	59
H.Sedin, Vcr	Krejci, Bos	23	36	59
Hossa, Chi	Perry, Ana	36	22	58
Karlsson, Ott	Pavelski, SJ	31	27	58
Eberle, Edm	Alfredsson, Ott	27	31	58
Ra.Whitney, Phx	Lucic, Bos	24	34	58

Yesterday's games not included

NATIONAL HOCKEY LEAGUE

SPORTS

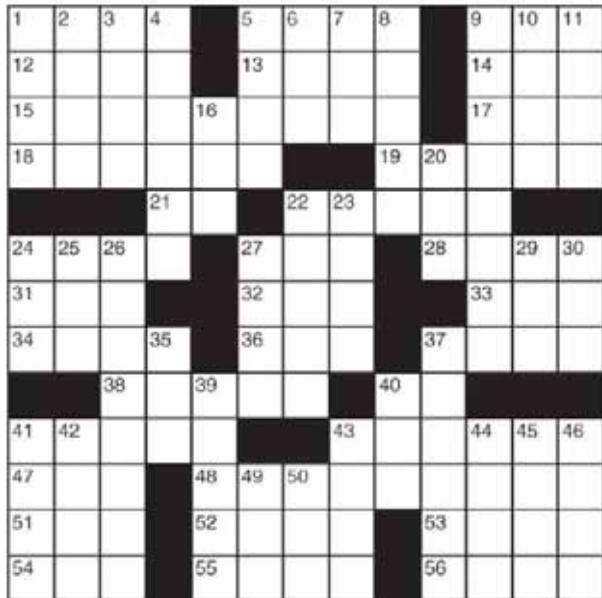
NATIONAL HOCKEY LEAGUE

Crossword

Across
1 Urban fleet
5 Stroller
9 Embrace
12 Grad
13 John/Rice collaboration
14 NAFTA signatory
15 Military sky divers
17 Journey segment
18 Lotus model
19 Burdens
21 Yours truly
22 Choppers
24 Sculptor's medium
27 Preceding
28 Takeout request
31 Army rank (Abbr.)
32 Be unwell
33 Indivisible
34 Pop choice
36 Pigpen
37 Incite
38 Overact
40 "Monopoly" corner
41 Town bigwig
43 Delicate, as a fragrance
47 In bygone times
48 Cartoon vamp
51 Writer
Buscaglia
52 "What's the big —?"
53 Cogito-sum link
54 Recipe meas.
55 Stage statuette
56 Turns green?

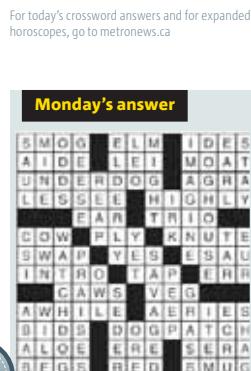
Down

1 Part of a superhero costume
2 Remark re Yorick
3 After-dinner

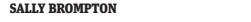
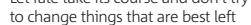
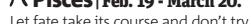
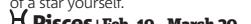
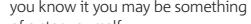
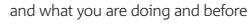
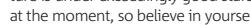
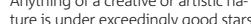
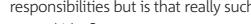
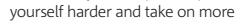
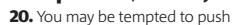
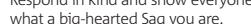
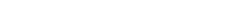
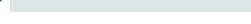


speech?
4 Smugly ingratiating
5 Segment
6 Carnival city
7 Big fuss
8 Syrup flavor
9 Wham-O product
10 Secondhand
11 Jokes
16 Dead heat
20 Mel of Coopers-town
22 Hackneyed
23 Slithery
24 LX percent of D
25 Privy
26 Comic-strip caveman
27 Bridge position

29 Wildebeest
30 "— the ram-parts..."
35 I love, to Livy
37 Wept loudly
39 Trip around the world?
40 Fellow
41 Beer ingredient
42 Quite some time
43 Command to Rover
44 Whig rival
45 Theater box
46 Heroic poetry
49 Tokyo's old name
50 Toe tally



Monday's answer





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